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Vegan Tahini Cups with Coffee Cream Filling

These vegan tahini cups are a delicious treat with a creamy coffee filling. They are perfect for coffee lovers and are made with simple, plant-based ingredients.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 8

Serving Size: 25 g

Ingredients

200 g	tahini
60 g	Maple syrup
40 g	Coconut oil
150 g	Almond flour
10 g	Instant Coffee

60 ml	Hot Water
1 tsp	Vanilla Extract
0.25 tsp	Salt
2 tbsp	Cocoa Powder
2 tbsp	Agave syrup

Directions

Step 1

Mixing

In a mixing bowl, combine tahini, maple syrup, coconut oil, almond flour, and salt. Mix well until a dough-like consistency is formed.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Pressing

Divide the dough into 8 equal parts and press each part into the bottom and sides of a muffin tin to form cups.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, dissolve the instant coffee in hot water. Add vanilla extract and cocoa powder. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Refrigerating

Pour the coffee mixture into the prepared tahini cups. Place in the refrigerator to set for at least 2 hours.

Prep Time: 0 mins

Cook Time: 120 mins

Step 5

Drizzle each tahini cup with agave syrup before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	150 mg	4.41%	5.77%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Valentine's Day New Year Graduation

Cuisines

Italian Mexican Japanese Mediterranean Spanish Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron

Meal Type

Brunch Snack Supper

Difficulty Level

Medium

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